

# FALCON SQUARE

# SPECIAL EDITION ORIENTATION

EDITOR: MR. IAN HADDEN

Published by the Scarborough College Students' Council

## SCSC President's Report

By ROSS FLOWERS

This year marks a watershed at Scarborough, not only in the academic programme of the College but also in the emphasis placed by the Students' Council on the day-to-day needs of the students and the entire College community.

The Council will be devoting a great deal of time and energy into analyzing and improving the quality and availability of services at the College. As you will discover (and you may already have), there is a very real problem at Scarborough in terms of accessibility to community facilities: we do not enjoy a position of close proximity to commercial outlets such as restaurants and variety stores. As a result, Students' Council will endeavour to provide such services as we are required and or requested by you to meet the special needs created by our physical location. At the present time, these services encompass a small on-campus variety store (the Tuck Shop), a typing room, the Pub, complete duplicating facilities and a Coffee Shop. There are plans in progress to provide other services such as a car pool and a used books store.

If at any time you feel there is a need for a particular service, or you feel that certain presently offered services should be improved, please get in touch with someone on Council. Better still, why not join the Council's Services Commission.

We are also concerned about improving the quality of the services provided by the College administration, i.e. parking, cafeteria, buses. As with the Students' Council services, if you have any suggestions or complaints about College operated services, get in touch with us. We will try to be as receptive to your ideas as our limited manpower and financial resources will allow.

The academic standards of the College constitute the other main area where we intend to make a contribution. There have been allegations made that the only students who are admitted to Scarborough are those who do not have the marks to get into the St. George campus, and are therefore intellectually inferior to their downtown colleagues. It has also been suggested that there are some fundamental problems which have developed at the College as a result of this apparent situation. We will attempt to explore the accuracy of these theories and other related matters in our endeavour to ensure that the academic experience which you enjoy at Scarborough is productive and academically at least as sound and challenging as the other programs at the University of Toronto.

The Students' Council faces these and other questions in the coming year. Moreover, there is one challenge which we as students of Scarborough College must accept: the

complete integration of former "full" and "part" time students. The experimental credit system will have more than solely academic consequences. It will create a College environment in which, more than ever before, students of all ages and backgrounds will be mixing both within and without the classroom; hopefully we all will profit in many ways from this new sharing of ideas resulting from the wide variety of experience and attitudes brought by our fellow students.

I sincerely hope that the Students' Society of Scarborough College, by its recent integration of part and full-time student representatives into one unified Students' Council, can demonstrate to the rest of the University that significant gains are realized from an amalgamated student body. We are the only student organization at the University which represents the needs of students taking full-time and part-time studies.

In another article in this issue, Gary Heighington, one of the two vice-presidents selected by the former Scarborough College parttime students association, articulates the reasons for Scarborough students in parttime studies to take full advantage of the opportunities that this unique year presents. I strongly urge all students to seek out and partake in the varied activities that we have at Scarborough during the 1973-74 academic session.



ROSS FLOWERS

## A.P.U.S.

By GARY HEIGHINGTON

More part-time students are needed to take an active role within Scarborough College. All part-time students of Scarborough College have had the opportunity to become a student of Scarborough College. Also, all part-time students attending Scarborough College belong to a new student society which contains a membership of all students full and part-time which attend the college. To ensure that part-time students maintain an equity within the running of this college and of the student society it is required that we take an active role in serving on the various college committees and on the student society council. Further information can be obtained by contacting me through the student society offices on the third floor above the Meeting Place.

I realize that most part-time students may have other commitments outside the college. However, as well as becoming actively in-

involved in college committees and the students society, we, also, must make use of all the student services available to us. As of the beginning of this year and the formation of the new students society we also derive the use of these services: examples of these services are a typing room and a Xerox machine (5c a copy) on the third floor above the Meeting Place, an invitation to come to the pub which is located in the "R" Wing, an invitation to take part in any of the college's social events, and an opportunity to become involved in various clubs, e.g. photography club, within the college.

I believe a students society which has a membership of all Scarborough College students (full-time and part-time) will be very beneficial to both the college and the student body. It gives the part-time student at Scarborough College an identity within the college. I hope that all part-time Scarborough College students will take advantage of this change.

## CAFETERIA prices up

The best features of the College cafeteria — located on the second level of the Humanities wing just off the Meeting Place—are the long hours and pleasant staff. The caf opens about 7:45 in the morning and doesn't close until at least 9:00 in the evening. And the staff are great.

However, that leaves the food which is indeed best left

where it is. Returning students will notice to their financial shock but perhaps not surprise that the food prices have risen at least 10 percent and in some cases almost 20 per cent since classes ended last April. Actually, there were two separate increases, one in early summer to catch the summer students and one last

week to catch us.

College officials claim the increases are necessary due to the increased cost of food (especially meat) and a provincial government regulation which dictates that university cafeterias must be operated on a break-even basis with no subsidy from the College's general revenue.

Continued on Page 5



# PARKING ARRANGEMENTS 1973-74 EFFECTIVE MONDAY, SEPTEMBER 10

All members of the College and persons with regular business at the College may purchase reserved parking stickers for the use of Lots A, C and R. Lot B or an area designated within Lot B will be utilized for parking on a daily cash basis insofar as space is available. Free parking is available in Lot D. The daily cash parking and free parking is on a "first come first served basis".

The College also provides a limited number of parking spaces close to the building to assist the handicapped. Application for the use of these special areas should be made at the Physical Services office S-303C (sticker required) (see map).

Visitors may park free of charge in the area opposite the main entrance to the College designated "Visitor Parking Only".

Parking in any other area or space is unauthorized.

## HOURS:

The College parking regulations are in effect from 8.00 a.m. to 12.00 midnight Monday through Friday (except Statutory Holidays). At other times admittance to College lots is unrestricted, except to those areas designated for the handicapped.

## PENALTY FOR VIOLATIONS:

Unauthorized vehicles or vehicles parked in unauthorized spaces are liable to be towed away at the owner's expense and without a warning notice. Parking stickers may be purchased during registration period or upon application at the Physical Services Office S-303C.

Duplicate stickers are available for persons who have the regular use of more than one car, provided that the vehicles are registered within a single family. No more than one vehicle may be parked at the College at any time. Fee chargeable.

If a car bearing a College sticker is sold a replacement sticker may be obtained upon presenting the original sticker or its remnants and the automobile registration certificate.

## ADMITTANCE:

Vehicles with current Scarborough College Stickers:

Lots A, C, R or as designated.

Vehicles for which the cash charge is or will be paid. Lot B.

Vehicles with current St. George Campus or Erindale College Parking stickers may park free in cash Lot B or Lot D only.

St. George Campus Parking Permits: College Members entitled to parking permits for the St. George Campus may apply through the College for an unreserved St. George permit at the reduced rate of \$31.20 upon purchase of a Reserved College Sticker \$40.00 equals \$71.20. (Unreserved rate on St. George Campus is \$78.00).

## PARKING CHARGES—

ACADEMIC YEAR:  
Parking Sticker (reserved lots)

\$40.00

Daily Cash Charge—Lot B .35

Free Parking—Lot D

## A LOOK AT ENROLMENT FIGURES

Some interesting trends in enrolments by discipline can be seen from the figures below. In general, there is a gradual trend away from the Humanities and Social Sciences towards Science, with disciplines such as biology and chemistry experiencing a significant increase in enrolment.

The enrolment in a discipline is expressed as a percentage of the total (FCE) taken in December of the particular year. For 1973-74, the figures shown are the projected enrolments for September.

Discipline	Enrolments		
	Dec 1971 %	Dec 1972 %	% Projected for 1973-74
Anthropology	6.9	5.7	4.3
Astronomy	1.1	1.0	1.2
Biology	7.3	8.6	11.5
Chemistry	3.7	4.5	6.6
Classics	1.5	1.4	1.0
Commerce	1.7	1.8	2.4
Economics	5.0	6.0	6.5
English	11.9	11.1	9.0
Fine Art	1.2	1.7	1.7
French	3.4	3.0	3.6
German	6	7	9
Geography	4.7	4.2	4.3
History	7.3	6.6	5.9
Humanities	1.7	2.0	2.0
Italian	6	7	9
Linguistics	5	5	7
Mathematics	7.0	6.8	6.8
Natural Science	1.0	2.1	1.8
Philosophy	3.2	2.9	2.6
Physics	2.4	2.4	2.9
Political Science	3.0	4.9	4.2
Psychology	11.7	10.7	10.6
Russian	4	6	4
Sociology	11.1	8.5	7.6
Spanish	1.3	1.1	1.0
Humanities	33.6	32.3	29.7
Social Sciences	32.4	31.1	29.3
Science	34.2	36.1	41.4

## Public Transit Buses to York Mills Subway Station - Route 95

Leave College: 5:45 a.m., 6:40 a.m., 7:00 a.m., 7:20 a.m., 7:40 a.m., 8:00 a.m., 8:20 a.m., 8:40 a.m., 9:00 a.m., 9:20 a.m., 9:45 a.m., 10:15 a.m., and every 1/2 hour until 3:05 p.m.  
3:15 p.m., 3:35 p.m., 3:45 p.m., 4:05 p.m., 4:25 p.m., 4:45 p.m., 5:05 p.m., 5:25 p.m., 5:45 p.m., 6:05 p.m., 6:25 p.m., 6:45 p.m., 7:05 p.m., 7:25 p.m., 8:00 p.m., and every 1/2 hour to 1:00 a.m.

Military Trail - College Main Entrance. Additional buses for York Mills Subway may also be boarded on Military Trail near the College Entrance approximately fifteen minutes after the above times. Schedules may be obtained from the drivers.

## Guildwood "GO" Station

The regular Warden Commuter Bus will stop and pick up at the "GO" Station on the 8:20 a.m. return trip from Warden to the College and the 5:10 p.m. bus from the College to Warden will stop at the "GO" Station on its way to Warden.

## SHUTTLE SERVICE

This provides convenient, direct service between the College and the St. George Campus for the academic purposes of the University.

Leave College: \*7:15 a.m., 10:15 a.m., 11:15 a.m., 12:15 p.m., 1:15 p.m., 2:15 p.m., \*3:15 p.m.

Leave Convocation Hall: \*8:15 a.m., 10:15 a.m., 11:15 a.m., 12:15 p.m., 1:15 p.m., 2:15 p.m., 3:15 p.m., \*4:15 p.m.

\*College Bus

## COMMUTER SERVICE

This facilitates connections with the Warden Subway Station.

### Day Service

Leave College: 7:50 a.m., 9:05 a.m., 10:05 a.m., 11:05 a.m., 2:05 p.m., 3:05 p.m., 4:05 p.m., 5:05 p.m., 5:10 p.m., 6:05 p.m., 6:20 p.m.

Leave Warden: 8:20 a.m., 8:25 a.m., 8:30 a.m., 8:35 a.m., 9:20 a.m., 9:35 a.m., 10:35 a.m., 11:35 a.m., 2:35 p.m., 3:35 p.m., 4:35 p.m., 5:35 p.m., 5:40 p.m., 6:35 p.m., 6:40 p.m.

### Evening Service

To Warden Subway on Monday through Thursdays, inclusive.

Leave College: 10:15 p.m.

Leave Warden: 10:40 p.m.

Stops on request along the following route:

South on Morningside Avenue to Kingston Road; West on Kingston Road and Danforth Avenue; North to Warden Station. Leave Warden, returning on St. Clair to Danforth Road, McCowan Road North to Lawrence Avenue, East to Kingston Road and then to the College.

# STUDENTS AND FACULTY

If you have any articles or reactions to published articles, you are certainly most welcome to submit your thoughts for publication. If you want to become more involved in the newspaper business please submit your name to either Paul Carson, Don Allen or Ian Hadden (all can be contacted through the Student Council). There is

much to be done.

All articles are to be typed (double-spaced) and can be submitted to the Student Council Office near the front door of the college.

There are also openings for commission-paid positions. Anyone interested please contact the Editor of Balcony Square.

# COMMUTERS

We are attempting to bring together all the potential drivers and riders to form a car-pool to and from the Col-

lege. If you are interested, drop into the NEW Council Office as soon as possible.

## MONDAY THROUGH FRIDAY

GLEN ECHO LOOP TO PORT UNION				PORT UNION TO GLEN ECHO LOOP			
A.M.	A.M.	A.M.	P.M.	A.M.	A.M.	P.M.	P.M.
05:21	8:14	11:45	3:33	5:50	9:15	12:45	4:33
05:30	08:28	12:00	3:42	6:08	09:45	1:15	4:42
05:40	09:02	12:10	4:21	06:18	10:02	1:25	5:21
05:50	09:15	12:20	4:30	06:28	10:15	1:35	5:30
06:00	09:25	12:30	4:40	06:38	10:25	1:45	5:40
06:10	09:35	12:40	4:50	06:48	10:35	1:55	5:50
06:20	09:45	12:50	5:00	06:58	10:45	2:05	6:00
06:30	09:55	13:00	5:10	07:08	10:55	2:15	6:10
06:40	10:05	13:10	5:20	07:18	11:05	2:25	6:20
06:50	10:15	13:20	5:30	07:28	11:15	2:35	6:30
07:00	10:25	13:30	5:40	07:38	11:25	2:45	6:40
07:10	10:35	13:40	5:50	07:48	11:35	2:55	6:50
07:20	10:45	13:50	6:00	07:58	11:45	3:05	7:00
07:30	10:55	14:00	6:10	08:08	11:55	3:15	7:10
07:40	11:05	14:10	6:20	08:18	12:05	3:25	7:20
07:50	11:15	14:20	6:30	08:28	12:15	3:35	7:30
08:00	11:25	14:30	6:40	08:38	12:25	3:45	7:40
08:10	11:35	14:40	6:50	08:48	12:35	3:55	7:50
08:20	11:45	14:50	7:00	08:58	12:45	4:05	8:00
08:30	11:55	15:00	7:10	09:08	12:55	4:15	8:10
08:40	12:05	15:10	7:20	09:18	13:05	4:25	8:20
08:50	12:15	15:20	7:30	09:28	13:15	4:35	8:30
09:00	12:25	15:30	7:40	09:38	13:25	4:45	8:40
09:10	12:35	15:40	7:50	09:48	13:35	4:55	8:50
09:20	12:45	15:50	8:00	09:58	13:45	5:05	9:00
09:30	12:55	16:00	8:10	10:08	13:55	5:15	9:10
09:40	13:05	16:10	8:20	10:18	14:05	5:25	9:20
09:50	13:15	16:20	8:30	10:28	14:15	5:35	9:30
10:00	13:25	16:30	8:40	10:38	14:25	5:45	9:40
10:10	13:35	16:40	8:50	10:48	14:35	5:55	9:50
10:20	13:45	16:50	9:00	10:58	14:45	6:05	10:00
10:30	13:55	17:00	9:10	11:08	14:55	6:15	10:10
10:40	14:05	17:10	9:20	11:18	15:05	6:25	10:20
10:50	14:15	17:20	9:30	11:28	15:15	6:35	10:30
11:00	14:25	17:30	9:40	11:38	15:25	6:45	10:40
11:10	14:35	17:40	9:50	11:48	15:35	6:55	10:50
11:20	14:45	17:50	10:00	11:58	15:45	7:05	11:00
11:30	14:55	18:00	10:10	12:08	15:55	7:15	11:10
11:40	15:05	18:10	10:20	12:18	16:05	7:25	11:20
11:50	15:15	18:20	10:30	12:28	16:15	7:35	11:30
12:00	15:25	18:30	10:40	12:38	16:25	7:45	11:40
12:10	15:35	18:40	10:50	12:48	16:35	7:55	11:50
12:20	15:45	18:50	11:00	12:58	16:45	8:05	12:00
12:30	15:55	19:00	11:10	13:08	16:55	8:15	12:10
12:40	16:05	19:10	11:20	13:18	17:05	8:25	12:20
12:50	16:15	19:20	11:30	13:28	17:15	8:35	12:30
13:00	16:25	19:30	11:40	13:38	17:25	8:45	12:40
13:10	16:35	19:40	11:50	13:48	17:35	8:55	12:50
13:20	16:45	19:50	12:00	13:58	17:45	9:05	13:00
13:30	16:55	20:00	12:10	14:08	17:55	9:15	13:10
13:40	17:05	20:10	12:20	14:18	18:05	9:25	13:20
13:50	17:15	20:20	12:30	14:28	18:15	9:35	13:30
14:00	17:25	20:30	12:40	14:38	18:25	9:45	13:40
14:10	17:35	20:40	12:50	14:48	18:35	9:55	13:50
14:20	17:45	20:50	13:00	14:58	18:45	10:05	14:00
14:30	17:55	21:00	13:10	15:08	18:55	10:15	14:10
14:40	18:05	21:10	13:20	15:18	19:05	10:25	14:20
14:50	18:15	21:20	13:30	15:28	19:15	10:35	14:30
15:00	18:25	21:30	13:40	15:38	19:25	10:45	14:40
15:10	18:35	21:40	13:50	15:48	19:35	10:55	14:50
15:20	18:45	21:50	14:00	15:58	19:45	11:05	15:00
15:30	18:55	22:00	14:10	16:08	19:55	11:15	15:10
15:40	19:05	22:10	14:20	16:18	20:05	11:25	15:20
15:50	19:15	22:20	14:30	16:28	20:15	11:35	15:30
16:00	19:25	22:30	14:40	16:38	20:25	11:45	15:40
16:10	19:35	22:40	14:50	16:48	20:35	11:55	15:50
16:20	19:45	22:50	15:00	16:58	20:45	12:05	16:00
16:30	19:55	23:00	15:10	17:08	20:55	12:15	16:10
16:40	20:05	23:10	15:20	17:18	21:05	12:25	16:20
16:50	20:15	23:20	15:30	17:28	21:15	12:35	16:30
17:00	20:25	23:30	15:40	17:38	21:25	12:45	16:40
17:10	20:35	23:40	15:50	17:48	21:35	12:55	16:50
17:20	20:45	23:50	16:00	17:58	21:45	13:05	17:00
17:30	20:55	24:00	16:10	18:08	21:55	13:15	17:10
17:40	21:05	24:10	16:20	18:18	22:05	13:25	17:20
17:50	21:15	24:20	16:30	18:28	22:15	13:35	17:30
18:00	21:25	24:30	16:40	18:38	22:25	13:45	17:40
18:10	21:35	24:40	16:50	18:48	22:35	13:55	17:50
18:20	21:45	24:50	17:00	18:58	22:45	14:05	18:00
18:30	21:55	25:00	17:10	19:08	22:55	14:15	18:10
18:40	22:05	25:10	17:20	19:18	23:05	14:25	18:20
18:50	22:15	25:20	17:30	19:28	23:15	14:35	18:30
19:00	22:25	25:30	17:40	19:38	23:25	14:45	18:40
19:10	22:35	25:40	17:50	19:48	23:35	14:55	18:50
19:20	22:45	25:50	18:00	19:58	23:45	15:05	19:00
19:30	22:55	26:00	18:10	20:08	23:55	15:15	19:10
19:40	23:05	26:10	18:20	20:18	24:05	15:25	19



# ORIENTATION '73

## September 4-5-6-7 In The Meeting Place

- Course Counselling
- Information Tables
- Scarborough Handbooks
- Student Services
- SAC Handbooks
- College Tours
- Athletics
- Free Coffee and Doughnuts
- Folk Singer

## In The Coming Weeks...

- Friday September 14 ——— International Students' Day  
 ——— Principal's Dinner Dance
- Friday September 21 ——— CineScar Grand Opening
- Friday October 5 ——— Second Annual Oktoberfifth Festival

PUB AND COFFEE SHOP    OPEN THIS WEEK    1 PM TILL 10 PM RECREATION WING 3268  
 SPECIAL PRICES ALL WEEK    FREE SNACKS

PUB AND COFFEE SHOP    HOURS    NEXT WEEK    SEPTEMBER 10 TO 14

COFFEE SHOP    DAILY    9 AM TO 10 PM (EXCEPT DURING PUB)

PUB    DAILY    NOON TILL 6 PM PLUS PUB NITES    TUESDAY AND THURSDAY  
 SEPTEMBER 11 AND 13

REGULAR PRICES    ENTERTAINMENT    6 PM TILL MIDNIGHT

STUDENT PHONE    LOCATED OPPOSITE THE USED BOOKS STORE IN S-302A    FREE LOCAL CALLS

DUPLICATING CENTER    XEROX COPIES AT ONLY 5¢ EACH. LOCATED IN S-303 F. OPEN EVENINGS

TUCK SHOP    CANNED FOODS, COSMETICS, USEFUL THINGS AT LOW PRICES. LOCATED IN S-303 H.  
 Opens Sept. 10    OPEN EVENINGS.

TYPING ROOM    TYPE YOUR NOTES AND ESSAYS FREE IN ROOM S-303 G. OPEN EVENINGS.

USED BOOKS STORE    LOCATED BESIDE THE STUDENTS' COUNCIL OFFICES IN ROOM S-302 A.  
 IF YOU HAVE BOOKS TO SELL, BRING THEM IN...YOU SET THE PRICES.  
 IF YOU NEED BOOKS, DROP IN ANYTIME AND CHECK OUR SELECTION.

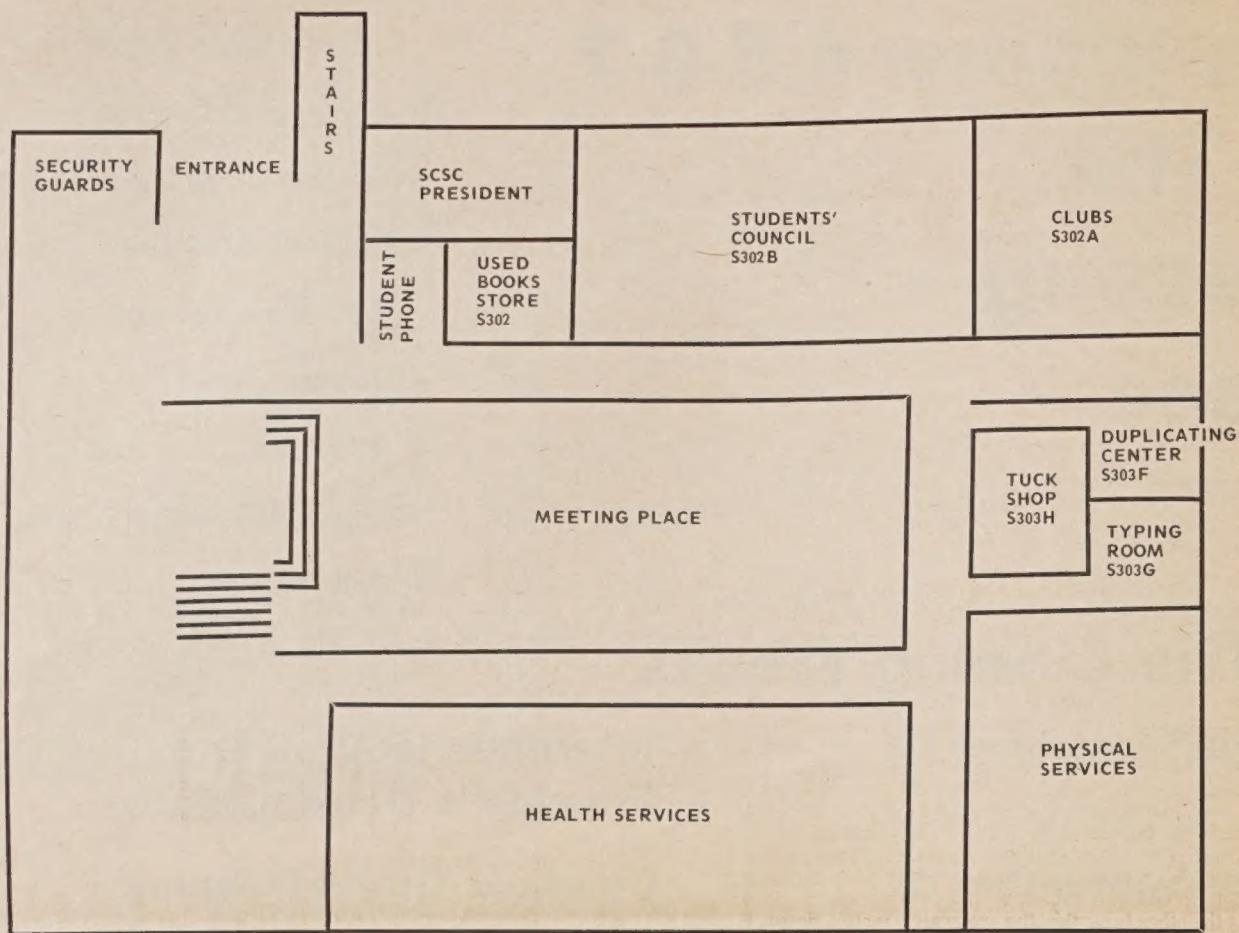
THE PUB, TUCK SHOP AND TYPING ROOM ARE CO-SPONSORED BY THE SCARBOROUGH COLLEGE  
 STUDENTS' COUNCIL AND THE UNIVERSITY OF TORONTO STUDENTS' ADMINISTRATIVE COUNCIL

Students' Council Office — S302 B

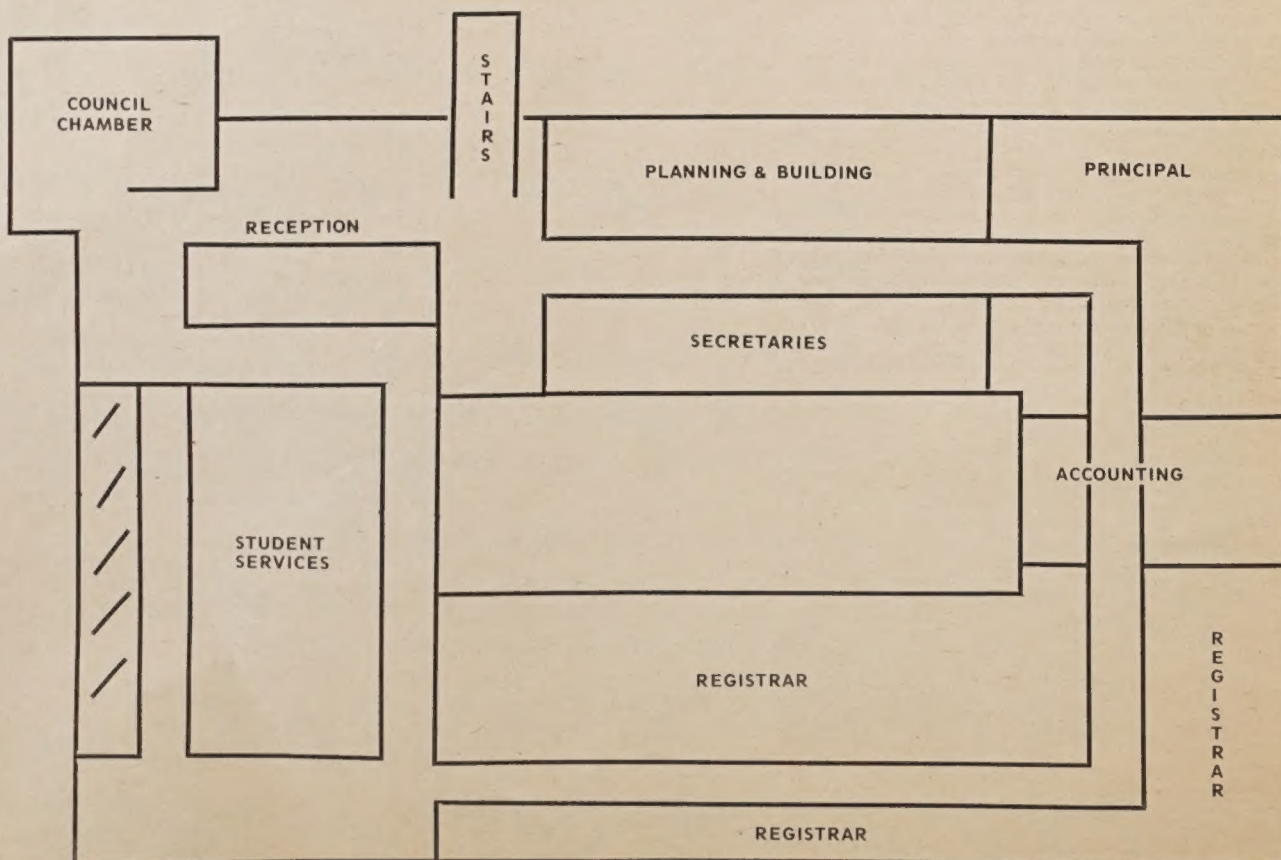
284-3135



# THIRD FLOOR



# FOURTH FLOOR





# Beating the Bureaucracy

By the time you read this, you've probably already been through the registration procedures and seen the Scarborough College bureaucracy on its best behavior. Registration period usually brings out the best in the College administrators but that's to be expected since they have so many meetings planning and preparing for these hectic four days.

However, once the bloom wears off and business gets down to normal, things sometimes change and it's not for the better.

Scarborough is fortunate to have an administration which, by and large, is more approachable and helpful than the rigid, impersonal system encountered by students on the St. George campus. Unfortunately, lurking about the College are some pompous, highly-paid and often obnoxious bureaucrats who continue to act as if they believe that students exist merely to provide new grist for their expanding mini-empires built on a mill of paperwork and red tape.

As we said, many of the officials you will be encountering during your years at Scarborough do try to be helpful. But should you run up against the other type, the bureaucrat clodus, here are a few tips on how to survive.

First, remember that a bureaucrat does not think; he reacts. He operates by creating a system of incomprehensible pigeonholes and he'll try to slot you into one of them. Fortunately, all bureaucrats have superiors, and as a rule, they think. So if you are frustrated by an underling, demand to see the superior. The higher you go in the College's power structure, the better become your chances of getting a fair deal. Remember to make appointments.

Sometimes your problems are created by a lazy or officious member of the teaching staff who prefers not to treat students as people. You might remind such drones about whose taxes are paying their more than ample salaries. Nevertheless, there are many members of the teaching staff willing to help students who are having bureaucratic problems. In many cases, a letter of

support or just some useful advice from a member of the teaching staff can be very effective in solving your problem. Remember to say thank you.

Second, get everything in writing. The assistant registrar who talked to you today may not remember you in February. Written records and copies of all forms and correspondence speeds things up immensely.

Third, be polite but be insistent. Never accept "No" for an answer. In a university, nothing is impossible; some things just take longer to accomplish. Keep asking "Why?". If the answer is, "That's the rule," demand to know why the rule was created.

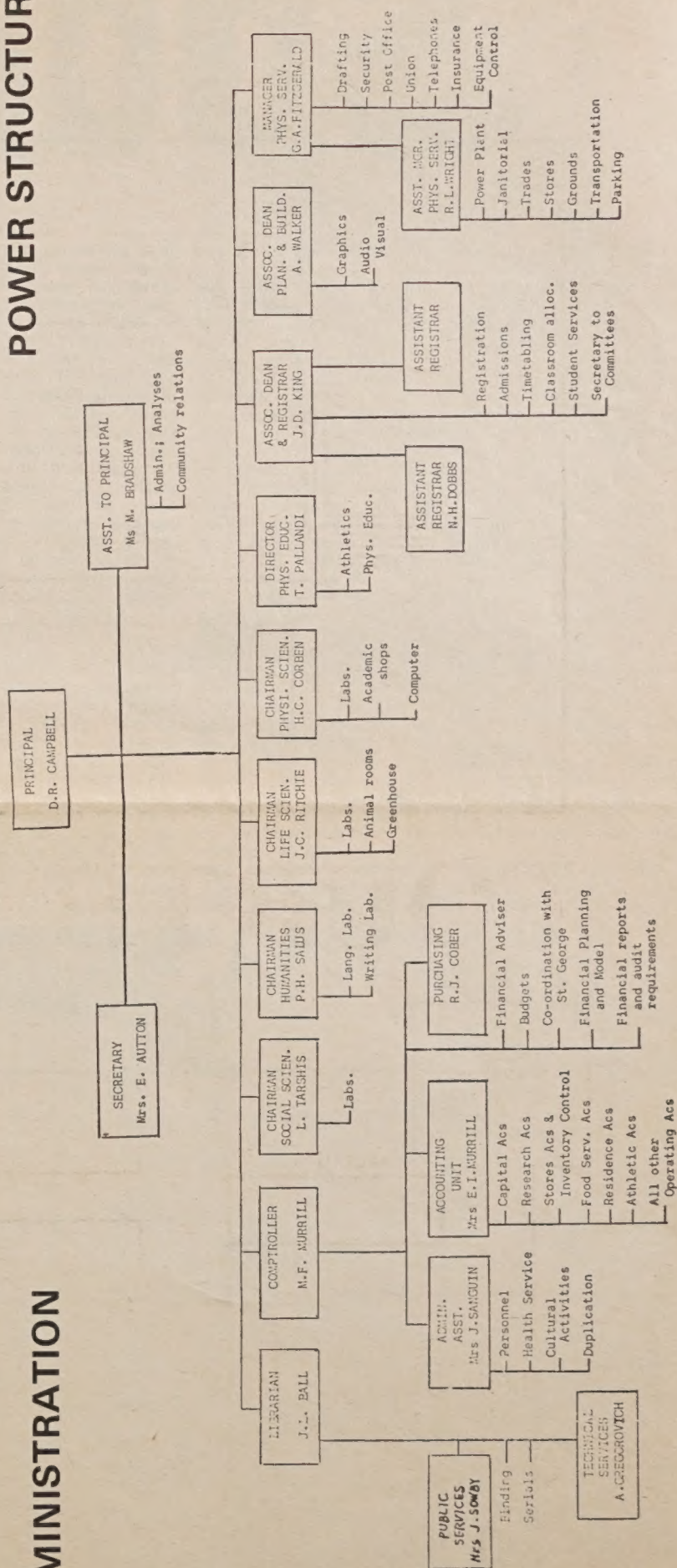
Fourth, if you seem to be getting nowhere, you may have to play by the rules of the game and submit a formal petition. Members of the teaching staff can be very helpful in preparing the types of wording that petition committees like to hear. Some petitions regarding remarking of exams cost money but don't be deterred.

Fifth, if you've tried everything and the system still manages to defeat you, try once more: write down all the relevant facts, dates, names, reasons, objections, etc. and explain what you are trying to do. Send your complaint as a personal and confidential letter to President Campbell. Better still, deliver it yourself to his secretary on the fourth floor, room 409. This is guaranteed to generate some action, usually favorable.

Final advice: persevere. If enough students exert pressure in the right places, even the most hard-hearted bureaucrat will be reformed.

The Students' Council will be establishing an Information and Ombudsman service to provide assistance to students having problems with the College and University bureaucracy. We can save you a lot of time and worry, perhaps even money (student loans are always a source of many problems due to the ridiculous government regulations). If you need help, contact the SCSC Office or drop in and talk with us. Phone 284-3135; room S-302 B overlooking the Meeting Place.

## POWER STRUCTURE



## ADMINISTRATION

### ★ CAFETERIA ★ cont'd from Page 1

Thus, unless it can be shown that the cafeteria was operating on a break-even basis with the old prices, the significant increases are probably here to stay.

You can beat the increased costs by not eating. However,

since this is somewhat impractical, a more effective plan might be to bring your own lunch (the brown paper bag syndrome) and then grab something to drink or dessert in the Coffee Shop in the R-wing — where the prices didn't go up.



# Sports

One of the perennial unanswered questions concerns the role and philosophy of the athletic program in a university or for that matter, in any educational institution. Most students are familiar with the competitive aspect of the U of T athletics program concentrating on the inter-collegiate sports. However, as statistics have shown Canadians generally (and that probably includes many students) are in poor physical condition — perhaps as a result of the growth of spectatorism, the phenomenon whereby people participate in athletics merely by sitting down and watching other people play.

In the following article, Taimo Pallandi, Director of Athletics, explains the importance of developing sound physical fitness and how you can utilize the excellent facilities in the Recreation Wing to achieve this goal of participation through exercise instead of merely passive watching or observing.

Additional information on the physical fitness programmes is available at

the Athletic Office, Room 2255.

## Fitness means less fatigue

The most obvious benefit resulting from improved physical fitness is the increased work capacity. As an individual becomes more fit he can accomplish his daily work with less fatigue, or to perform a greater amount of work with no increase in fatigue. While it cannot be measured objectively, it is the almost universal experience that this greater efficiency is accompanied by a greater joy in living.

## Fit to work or fit to play?

It is a curious situation that, in the case of most white collar workers at least, the level of physical fitness required is regulated more by their leisure-time activities than by their work. For example, it requires very little physical fitness for most people to drive to their offices and spend the day seated at their desks. Yet, in the evenings they may be playing squash, or perhaps skiing during weekends, both of which can be quite strenuous activities. To enjoy such

diversions necessitates a level of fitness considerably above that required by the usual occupational activities.

## Health through fitness

A number of studies have shown that physical activity, and the maintenance of physical fitness are an inseparable part of total health, and that activity is as necessary for well-being as are vitamins and minerals. Much of the research done adds to the proof of the concept that an organ or organ system develops and improves its function by use, and that disuse causes loss of function and deterioration.

## Efficiency and physical fitness

Research shows that physical conditioning causes increased strength, efficiency and endurance of skeletal muscles. It also increases the efficiency of lung ventilation, the vascularization of muscle tissue (including the heart muscle!); and it enhances the capacity for improved blood flow and cardiac output. All this means that a variety of activities, both occupational and leisure

type, can be carried out with more vigor and less fatigue.

## Physical activity and heart disease

Recent studies have focused attention on the possible relationship between physical activity and coronary heart disease. Much of the evidence shows that physically active people tend to have a lower incidence of coronary heart disease than their more sedentary counterparts, and that what coronary heart disease they do get occurs later in life and is less severe.

## How much time for fitness?

The degree to which one becomes physically fit is related to the amount of time one devotes to training. To achieve and maintain a "championship" level of fitness can be nearly a full-time occupation, yet maintenance of "good" fitness may be just a matter of three work-outs per week. No matter which fitness level is desired, choices have to be made and priorities established because every moment one devotes to fitness training must be taken away from

something else. Experience shows that the problem becomes less one of persuading people to start exercising than of keeping them at it in the face of all the competing demands on their time.

## Training is specific

High levels of fitness are achieved not only by the amount of time spent training but the results also depend on the intensity and kind of training. Therefore, the type of programme selected should be determined by the goals attempted to achieve: for strength and power heavy resistance exercises are indicated, while cardiovascular improvements (endurance!) results from rhythmic activities (e.g. running and swimming) done frequently enough (minimum 3 times per week), strenuously enough (heart rate elevated to at least 130-140 beats per minute), with sufficient duration (25-30 minutes at a time) and over a long enough period of time (improvements appear in about 8-10 weeks).

## Physical fitness is transitory

There seem to be no long-time residual effects of physical activity other than perhaps the development of healthful attitudes towards fitness. The expression: "what you do not use — you lose," seems still to be true, and it is generally accepted that like vitamins, the effects of exercise are not stored in the body.

## PUB

The student pub, which to date is nameless and thus probably just "The Pub", will be open all day this week during registration for your eating and drinking pleasure.

Returning students will notice the new brighter decor with an exciting supergraphic on the walls and improved lighting plus a new sound system.

For new students, let's just say that the Pub (which includes the Coffee Shop that operates when the Pub is closed) is a great place to make new friends and learn about the College.

During registration, beer prices have been lowered from the usual 45c to a special 3 for \$1.00; there's also some free food.

The Pub is located in room 3268 in the Recreation Wing. Follow the crowd or just ask anyone.





# Jock Talk

If you fit into the former category of full-time student, part of your compulsory incidental fees goes to the U of T men's athletic association. The UTAA gets your money and in return you get a few things from them. The same holds true for female students, as part of your athletic fees goes downtown to the Women's Athletic Association.

Women get the better bargain as they can use the lavish facilities of the Benson Building (at the southwest corner of Huron and Harbord) and compete for a spot on one of the many intercollegiate teams in addition to full participation in the intramural and recreational programs offered at Scarborough.

Men can use the outdated facilities in Hart House (provided you can find space) and you are also eligible for any of the university's intercollegiate teams plus the intramural program.

Last year, two Scarborough students played leading roles on Varsity teams as Harry Sems was a forward with the Canadian champion Hockey Blues and Jon Dellandrea (now working with the PhysEd department) was an all-star in football.

Scarborough students are also eligible to buy season's tickets to Varsity home games in football and hockey at the special student prices of \$2.00 for the four football games at Varsity Stadium and \$4.00 for all the hockey

games at Varsity Arena. Due to a quirk in the football schedule, the Blues opening home game isn't until September 29 but they will be meeting York at the CNE Stadium on Sept. 15.

The Students' Administrative Council intends to make reform of the men's athletics department a major political issue this year. In conjunction with The Varsity, SAC is pressing for additional student representation on the governing Athletic Directorate; presently there are seven students out of 21 total members although the compulsory student fees account for a large portion of the income of the athletic department. Scarborough

has one member on the student-controlled Intramural Sports Committee which oversees the activities in the intramural program.

Student referees are hired for many of the intramural sports. This year, the football officials will have several opportunities to earn extra money by working in some non-university leagues. Consequently, there is a pressing need for more qualified referees, umpires and head line men. Previous officiating experience is not essential but playing experience would be useful. Contact Paul Carson in the Students' Council office 284-3135 or the athletic office either at the College or downtown (928-3082).

## Student Photography

Late last school year the Scarborough College Student Darkroom was inaugurated. This year as well as having the darkroom facilities a student photography club will be started: An organization not only for the use of our present equipment but an opportunity to meet with other budding photographers to discuss different techniques as well as a social context to meet some other students of the college.

For those of you who as yet have little or no experience, either behind a camera or in front of an enlarger, there will be opportunities to learn. For those who are already fairly experienced, or think you are, there will be a chance to hone your skills.

The program set out for this year is to have student photographers at all special events, at the beck-and-call of the editors of the college newspaper, and at all other functions which the S.C.S.C. wish recorded.

The facilities and equipment we have are the best, for student use, at U. of T. and much better than most home darkrooms. Hopefully we will be obtaining some color equipment to combine with our present black and white equipment.

Unfortunately, the S.C.S.C. cannot afford to subsidize us to an infinite amount so a token fee of \$5.00 per school year will be required for maintenance of the equipment as well as for use of the special paper and chemicals required for some of our equipment.



**SUPPORT  
SCARBOROUGH  
COLLEGE SPORTS**



## Reminder

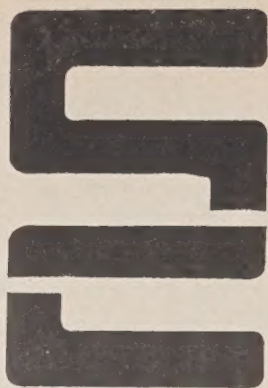
Classes start as of 9 a.m.  
**MONDAY September 10**

Classes on the St. George Campus  
do not start until  
**WEDNESDAY September 12**

The following material provided by the Students' Administrative Council is available during the Registration Week and afterwards at the Students' Council Offices S-302B

**MCGILL BIRTH CONTROL HANDBOOK  
YOU AND THE LAW  
V.D. HANDBOOK  
SAC HANDBOOK '73**





## STUDENTS' COUNCIL JOBS AVAILABLE

Several Part-Time jobs  
are available for Students  
(either Day or Night classes)  
in the following  
Students' Council Services:

Pub  
Coffee Shop  
Duplicating Center  
Tuck Shop  
Used Books Store

Additional Information  
and Applications  
are Available in  
the Students' Council  
Office Room S-302 B  
Money is involved

### Bookstore has new

#### Location in Portable S-360

MONDAYS THRU THURSDAYS 8:45 -- 5:00

6:00 -- 8:30

FRIDAYS

8:45 -- 5:00

CHECK THE BOOKSTORE TABLE  
IN THE MEETING PLACE

FOR INFORMATION ON STUDENT CHARGE ACCOUNTS

## What SAC is all about

By JOHN O'DONOHUE

Scarborough Representative on the SAC Executive

The Students' Administrative Council (S.A.C.) is the university wide council that represents all full-time undergraduate students at the University of Toronto. Creating more services for students is a major priority at S.A.C. this 73/74 year. At Scarborough College S.A.C. is working in close conjunction with the Scarborough College Student Council to bring four major services to Scarborough students. The new Scarborough Pub and Beer Garden along with the new Scarborough Tuck Shop and Typewriter Room are joint S.A.C. — S.C.S.C. projects that will be running by mid-September.

This year S.A.C. is also working toward more student representation on staffing and tenure committees for the university teaching staff. The policy of these committees in the past has often been to promote professors who have made successful strides in their research and who have published a substantial amount of material concerning their research.

Professors who have concentrated their time in up-grading their ability to teach students, and in the opinion of the tenure committee have not done enough in depth research and publication, are often not tenured. The result of such action by the tenure committee is that students, particularly those in large first year courses do not receive proper instruction and after hour help.

To prove to the administration at the University of Toronto ie. Scarborough, Erindale, St. George that students want expert teachers rather than expert researchers who are poor teachers, S.A.C. will hold a referendum October 17th and 18th to enable students to publicly support the S.A.C. demands for more student representation on staffing committees and tenure committees.

An Ontario Government university research paper known as the WRIGHT REPORT was recently completed and it recommends that the Ontario Government raise all University Student fees and that the Ontario Government take control away from the university administrations in Ontario so that the Ontario Government will have full control over all universities in the province.

S.A.C. believes that all students must have unhindered access to university and this will not be possible if fees are raised. The S.A.C. also believes the Ontario Government should not be allowed to control the operating of Ontario Universities ie. (University of Toronto) because the government would then be in a position to shape the university policy (ie. who may attend university) in a manner convenient to the Ontario Government but inconvenient to the many thousands of students.

The Students' Administrative Council has worked successfully with the S.C.S.C. towards providing students with a pub, coffee shop, tuck shop and typewriter room. These

services have been needed at Scarborough in order to serve the students — residents and non-residents and to complement the university campus atmosphere at Scarborough College.

S.A.C. is fighting for equal student-faculty-representation on hiring and firing committees to insure high teaching standards at the University of Toronto's three campuses.

Higher fees and total Government control of the Universities in Ontario are threatening all students. The S.A.C. is rigorously opposing these government recommendations.

These then are SAC's three main priorities at the present time; Services, Student Parity, and Universities free from government control. Surely as the year progresses new issues and priorities will arise. If you would like to take an active part in formulating S.A.C. policy and implementing the student council decisions you can best do this by joining one of the five commissions of S.A.C. To find out more about S.A.C. contact me at the Balcony Square or the S.C.S.C. (284-3135) or the S.A.C. office on the St. George Campus (928-4911).

details later. Bible studies will begin the second week of classes at various times during the week — try to work one in. Other activities during the year will include movies, special speakers and musical groups.

Best of all there is a corn-roast down in the Valley on Wed. Sept. 12 starting in the early evening to which you are invited. There will be special music and lots to see, do and eat. We look forward to meeting you!

## VCF is now LIFE

Hey stranger, welcome to Scarborough College. If this is your first prolonged visit you're in for a treat — 200 acres of forest, valley and stream incomparable athletic facilities and small personal classes. If you're returning, you already know that. Aint it the truth?

Planning to stay at Scarborough for a few years will mean it will not only take a part of your life, but Scarborough College will become part of you. Your stay will depend on you; what you do, what your goals are and how you go about achieving them. The decisions you make will affect you for the rest of your life. All truisms may not be true, but this one is: You only get out what you put in. Don't kid yourself; You've got a lot to give and you've got a lot to live.

LIFE is a group of concerned and committed Christians operating at the college under the auspices of Inter-Varsity Christian Fellowship and Campus his own efforts: good life, ethics and philosophy. Jesus Christ is God's only provision for man's sin. Through Him you can know and experience fellowship with God — the Abundant Life.

God has bridged the gulf which separates us from Him by sending His Son Jesus Christ to die on the cross in our place. By individually receiving Jesus Christ as Saviour and Lord we can have the abundant life. This involves turning to God from self, trusting Christ to come into our lives, to forgive our sins and to make us what He wants us to be. It is not enough to give intellectual assent to His claims or to

have an emotional experience.

This may be something totally new to you or you may have heard this Good News before. Either way it doesn't change its importance or its relevance to you.

Crusade for Christ, who have found something tangible and meaningful in their own lives. It gives us a purpose, goals and directions; and can accurately be called the Abundant Life. Reference should not be made in terms of "it". "It" is a He: Jesus Christ; Lord of the Universe, Hope of the world.

What is the significance of our name you say? Well, Jesus spoke quite a bit on life. He was a real man who lived a real life and wants to give real life to each one of us. Jesus said "I came that they (you) might have LIFE and have it more abundantly." "This is eternal LIFE, that you may know Thee the only true God, and Jesus Christ whom Thou hast sent."

You may find this hard to believe but God loves you and wants to have fellowship with you so you can return the love which he so freely gives to us. The trouble is we are sinful and separated from God. Man is continually trying to reach God through

We invite you to get actively involved on this campus working with students for the betterment of the student body. Look for our activity table in front of the Cafeteria, drop by, grab some stuff and ask us for some Good News. We'll be glad to talk to you and share with you what Jesus has done for us and can do for you. Watch soon for the grand opening of our office — more